## MILWAUKEE COUNTY SENIOR DINING



### **LUNCH**

FOR CURBSIDE PICK-UP

## MARCH



				<u> </u>			
MONDAY	TUESDAY		WEDNESDAY		THURSDAY	7	FRIDAY
CALL SITE	Hard Salami Kaiser Roll Mayo Cherry Tomatoes Broccoli Salad Sun Chips Mandarin Oranges	1	Vegetarian Chef's Salad Lettuce, Cucumber, Egg Carrots, Tomato, Cheese Salad Dressing Bran Muffin Cottage Cheese Cinnamon Apple Slices	2	Shaved Ham Whole Wheat Bread w/Mustard Asian Coleslaw Tomato Juice Fresh Pear Spice Cake	3	Veggie & Cheese Tortilla Wrap Marinated Bean Salad Pretzels Blueberry Yogurt Sliced Peaches
Chicken Salad 7	Roast Beef	8	Tuscan Tortellini Salad	9	Submarine Sandwich	10	Tuna Salad 11
Coney Bun Marinated Carrot Salad Grape Tomatoes Applesauce M & M Cookie	Whole Grain Bread Pea & Cheese Salad Red Cabbage Slaw Pear Slices Rice Krispie Treat		Spinach, Salami, Olives Pepperoni, Mozzarella Lettuce, Dressing Whole Wheat Dinner Roll Banana Oatmeal Raisin Cookie		w/Lettuce & Tomato Pasta Salad Pickled Beets Chips Red Delicious Apple		Sesame Bun Cauliflower Florets Kidney Bean Salad Chocolate Pudding Grapes
Sliced Turkey 7-Grain Bread Broccoli Slaw Chips	PB & J English Muffin Marinated Bean Salad Sun Chips	15	Taco Salad Lettuce, Taco Meat Tomato, Peppers, Onion Cheese, Dressing Tortilla Chips	16	Corned Beef & Swiss 1,000 Island Dressing Marble Rye Bread Cabbage Slaw	17 St Patrick	Seafood Salad on Leaf Lettuce Pasta Salad Baby Carrots
Peaches Coconut Pie  HAPPY  Pi Däy  3.14	Strawberry Yogurt Granny Smith Apple		Mixed Fruit Cup Cereal Bar		Pickle Spear Fresh Pear Shamrock Cookie	k's Day	Split-Top Dinner Roll Tropical Fruit Cup
Ham & Cheese Kaiser Roll Potato Salad 3-Bean Salad  Orange Juice Blondie	Chicken Salad Oatmeal Bread Marinated Vegetables Red Jello Banana Snickerdoodle Cookie		Lettuce, Egg, Cheese Peas, Chives, Bacon Mayo Dressing Crusty Bread Fruit Cocktail Spice Cake		Roast Beef w/Mustard Sourdough Bread French Potato Salad Garden Salad/Ranch Clementine Lorna Doone Cookies	24	Egg Salad 25 7-Grain Bread Arugula & Tomato Salad Corn Chips Fruit Cup Banana Muffin
Tuna Salad Italian Bread Broccoli Salad Pretzels Fruit Cocktail Graham Crackers	Ham Salad 7-Grain Bread Carrot Raisin Salad String Cheese Pineapple Tidbits Peanut Butter Cookie	29	Chicken Caesar Salad Grilled Chicken Romaine, Tomato Croutons, Parmesan Caesar Dressing Italian Bread Fresh Orange Lemon Pudding	30	Roast Turkey BLT Whole Grain Bun American Potato Salad Black Bean Salad Cranberry Relish Granola Bar	31	\$3.00 \$60+

## MILWAUKEE COUNTY SENIOR DINING

# Processed Food



### There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

of consumers prefer less sodium in processed foods.

of consumers

have tried to eat fewer processed foods.







Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.



By one recent estimate highly processed foods contribute

50% of the calories & 90% of added sugars

in the American diet

It's important to:

- · Read food labels.
- · Look for the Heart-Check mark on packaged foods.
- · Make healthier choices when eating out.



Seek healthier alternatives to highly processed foods.





Swap highly processed foods with less processed options.



Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.



Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.



### Take your food into your own hands.



American Heart Association advocates have written more than 29,000 letters to the food companies and restaurants that provide processed foods, asking that healthier options be made available.

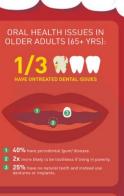
You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting heart.org/sodium.











ORAL HEALTH ISSUES IN CHILDREN (2-4 YRS):







- DON'T frequently eat desserts or other

ORAL HEALTH CARE & NUTRITION IS ABOUT EDUCATION



| Lip Wellbeing: "Residents in Mass., Connecticut Lead Nation in Dentist Visits" [Sept. 2011]; | Lip Wellbeing: "Residents in Mass., Connecticut Lead Nation in Dentist Visits" [Sept. 2011]; | Lip Wellbeing: "Residents in Mass., Connecticut Lead Nation Dentist Visits. sepurit